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LUNCH RUSH
MUSHROOMS DRUNK ON TRUFFLE OIL AT PIZZERIA GUSTO {page 13}

MUM'S THE WORD
LATE SINGER WAS ABOUT TO ADOPT, RUMOUR HAS IT {page 10}

WINNIPEG metro®
Tuesday, August 2, 2011
www.metronews.ca
News worth sharing.

JAMES TURNER/METRO

Cool your jets

▶ Matthew Jason, 2, gets a blast of cool water at the spray pad in Central Park yesterday. The city's spray pads are operating at extended hours, from 10 a.m. to 8 p.m., as the weather is expected to stay hot and humid all week.

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1 news

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On the web at metronews.ca

The past decade has been good to a key player in former Alberta premier Ralph Klein's infamous 2001 visit to a homeless shelter. Video at metronews.ca

Bundled fun keeps kids on run

The kids are back in school in about a month, but parents at their wits' end may find it difficult to keep the kids from jumping off the walls. Mike Davidson of Adventure Pax had the same problem with his young niece and nephew.

"I always try to plan 10 activities for my niece and nephew," said Davidson. "Sometimes they'll bicker if they have too much time and not enough activities."

Davidson partnered with local companies to package those activities together for a $50 price tag, a big reduction off the regular prices.

The packages have a variety of entertainment and activities for each season, and this summer's lineup includes go-kart racing, pony rides, IMAX movies and Fun F/X passes. If families can't make it out to all the activities this summer the tickets still work well into the winter.

So far, it's been working for Davidson's niece and nephew. "They take turns picking what activities they'll do next."

Families can buy Adventure Pax tickets online at adventurepax.ca.

CRYSTAL LADERAS

Devil's in the Dip details

Dirt jumpers ruining river trail, cyclist says 'Vandalism at its finest'

JAMES TURNER
@METRONEWS.CA

JAMES TURNER/METRO

▶ Dale Windsor stands with his mountain bike inside one of the craters dug by dirt-jumpers at Devil's Dip.

A Winnipeg cyclist says he was threatened and mocked by a group of young dirt-jumping enthusiasts after confronting them about their ill treatment of a prime slice of heritage river trail near Assiniboine Park.

The trail area around the so-called Devil's Dip dirt jump at Wellington Crescent between Grenfell and Girton boulevards has been the site of vandalism and currently sports a number of man-made holes that are potential hazards to walkers, cyclists and joggers, says Dale Windsor, 57.

While the popular bike jump has been in the area for decades, some youths and young adults have taken to modifying it, the year-round cyclist said. A handful of videos have been posted to YouTube of bikers trying out the changes.

Numerous large craters have been dug, and Windsor says wheelbarrows have been brought in to push dirt around.

He confronted three young adults on Thursday about what was happening and things got nasty.

"It is too bad when a few really bad youths can ruin everything for the vast majority and basically get away with it." DALE WINDSOR

"They have threatened violence and profanity just spews out of their mouths," Windsor said. "You're not a cop, you don't work for the city," he said they told him.

"They have no respect for the law or authority, nor public property," he added.

A visit to the site yesterday showed the surrounding area is awash in litter, discarded clothes, broken glass and some graffiti. Some trees have been wrapped in caution tape because they may topple over.

Windsor said he was laughed at when he suggested there were numerous parks for jump-riding in the city. "They laughed and said they suck," he said.

He said he's taken pictures of the area and plans to forward them on to the area councillor. He's considered calling police, but doubts they'd be able to do anything unless there's violence.

In the meantime, he said he hopes people — including kids who use the trail as part of a bike club — don't get hurt while passing through there.

Residents living along Girton Boulevard said they hadn't noticed any issues with Devil's Dip.

'Peggers pick best ice cream shop

1 **Bridge Drive-In (BDI)**
766 Jubilee Ave.

2 **G.G. Gelati**
705 Corydon Ave.

3 **Nucci's Gelati**
643 Corydon Ave.

Best review

▶ **Sargent Sundae**
2053 Portage Ave.

"The ice cream is really good and they have lots and lots of selection. They have something for everybody — whether your preference is hard, soft or slushy, they have lots of choice!"

— *S.Nemetchek*

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Matriarch dead at 78

Winnipeg's Ruth Asper was the wife of media icon Israel (Izzy) Asper, who died in 2003

The wife of one of Canada's media icons has died.

Ruth Miriam (Babs) Asper died suddenly on Saturday morning at the age of 78 in Winnipeg's St. Boniface Hospital, a statement released by the family says.

Ruth and Israel Asper were married for more than 47 years and had three children: Gail, David and Leonard.

Israel was the founder of Canwest Global Communications, and his broadcasting and publishing empire reached its peak in 2000, when he secured from Conrad Black the purchase of a number of Hollinger-owned Canadian newspapers.

Weighed down by debt, Canwest sold its broadcasting assets to Shaw Communications last year and the newspapers were sold earlier in 2010 in a separate transaction.

COURTESY OF THE ASPER FOUNDATION

▶ Ruth (Babs) Apser's funeral will be held today at noon.

A statement released by the University of Manitoba calls Asper an ardent supporter of the arts and education across Canada. It also says that she shared her husband's advocacy and vision for the Canadian Museum for Human Rights, which is nearing completion in Winnipeg.

She received a bachelor of arts from the university in 1954.

"She was one of our most outstanding and honoured graduates, and someone who used her gifts and talents to give back to the community," said David Barnard, president of the University of Manitoba.

Funeral arrangements have been made for today at noon at the Shaarey Zedek Synagogue on Wellington Crescent.

THE CANADIAN PRESS

CRIME

Friends allege disabled man was assaulted

Friends of a disabled man in Winnipeg say he is in a coma after allegedly being beaten on the weekend.

Police say a 27-year-old man was discovered in his apartment Saturday morning and appeared to have been assaulted.

He was rushed to hospital where he remains in critical condition.

Cherie Atkinson told CTV Winnipeg that the man is her friend, and that he is confined to a wheelchair due to brittle bone disease.

Atkinson said the man had brain surgery on Saturday night and is on life-support.

Police are still investigating.

THE CANADIAN PRESS

Tiger now a proud mom

A 12-year-old tigress at the Assiniboine Park Zoo in Winnipeg has given birth to at least two cubs.

Zoo officials say they don't know much more than that because Kendra is keeping her babies pretty close. But they do say everyone appears to be doing well.

The cubs won't be on view to the public for some time.

THE CANADIAN PRESS

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PAUL CHIASSON/THE CANADIAN PRESS

▶ Engineers inspect a concrete slab that fell Sunday on a major expressway, yesterday in Montreal. No one was injured in the collapse.

More fallout from Mtl. tunnel collapse

Additional unstable beams found after massive concrete slab fell on major expressway Sunday
Latest sign of city's crumbling infrastructure

One day after a massive concrete slab slammed onto a major Montreal expressway, transport officials have knocked down another unstable beam in the same tunnel.

A 15-metre-long concrete slab dropped Sunday from the ceiling of a tunnel along the city's downtown Ville-Marie expressway.

There were no injuries as the morning collapse came during a quiet period along the normally busy stretch of highway.

15
A 15-metre-long concrete slab fell onto Montreal's Ville-Marie expressway Sunday.

Transport officials later noticed another unsteady concrete beam in the tunnel and used a crane to rip it down.

A spokeswoman for the provincial Transport Department says workers are now trying to stabilize a third beam.

The Montreal area's aging road network has forced lane closures on several overpasses and bridges this summer as engineers scramble to deal with the city's crumbling infrastructure.

THE CANADIAN PRESS

First Nations facing 'Millennium Scoop'

John Beaucage has given the heartbreak he sees around him a name: The Millennium Scoop.

The First Nations leader was recently hired by the Ontario government to look into aboriginal child welfare and what he found — not just in Ontario, but across the country — was despair.

After decades of wrestling with the impact of the residential-school system — and then with the "Sixties Scoop" that placed so many aboriginal children in non-aboriginal homes — First Nations are now facing another tragedy of lost children in the new millennium.

There are more First Nations children in care right now than at the height of the residential-school system. That system was a national disgrace that prompted Prime Minister Stephen Harper to apologize for its catastrophic impact on natives.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Jeremy Meawasige and his mother at home last month.

Instead of being at home with their parents, brothers and sisters, tens of thousands of First Nations children are in foster homes, staying with distant relatives or living in institutions.

"It's a culmination of decades worth of social ills," Beaucage says.

THE CANADIAN PRESS

Jeremy's story

- Jeremy Meawasige, 16, a Mi'kmaq from the Pictou Landing First Nation in Nova Scotia (pictured), has myriad challenges: Autism, cerebral palsy, hydrocephalus and a tendency to hurt himself.
- He is unable to care for himself and authorities want to send him to an institution out of province.
- His mother, Maurina Beadle, who suffered a stroke last year, is fighting for funding to keep her son at home.

25 migrants found dead on boat bound for Italy

More than two dozen African migrants trying to reach Italy from Libya died in the hold of a rickety boat so packed with people that the migrants could not get out as they struggled to breathe, Italian officials said yesterday.

The bodies were found below decks of the 15-metre boat carrying 296 people. THE ASSOCIATED PRESS

Russian PM supports merger with Belarus

Prime Minister Vladimir Putin voiced support yesterday for Russia to merge with its western neighbour Belarus.

Putin's remarks were in response to a question from a young Belarusian who wondered whether Russia and Belarus could merge into "one state like it was in the Soviet times." THE ASSOCIATED PRESS

Quadriplegic man dies in U.S. skydiving accident

Flathead County officials say a 27-year-old quadriplegic man with five years of skydiving experience died in a weekend skydiving accident in northwestern Montana. Sheriff Chuck Curry says Zack Fogle of Kingston, Wash., died Saturday when his parachute failed to open at the Lost Prairie Boogie event. THE ASSOCIATED PRESS

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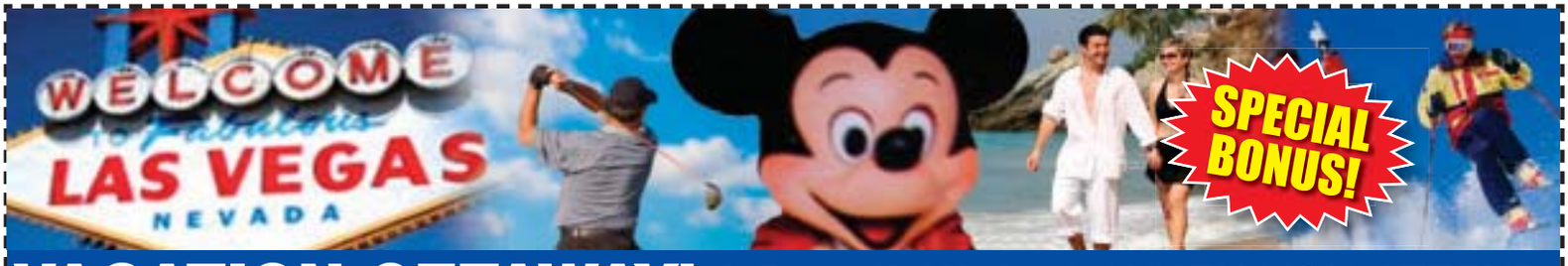

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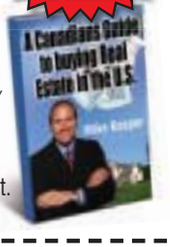

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JACQUELYN MARTIN/THE ASSOCIATED PRESS

▶ U.S. Senate Majority Leader Harry Reid

NYSE SURGES, SLUMPS

An early rally on the New York Stock Exchange lasted all of 30 minutes yesterday after a slowdown in U.S. manufacturing.

Minutes after the market opened, the Dow Jones industrial average jumped 139 points, but it fell 145 points after the Institute of Supply Management said U.S. manufacturing barely grew last month. The Dow later recovered some of its losses and was down 10.75 points at closing.

Analysts had expected stronger manufacturing growth. And many had expected the market to rally yesterday because President Barack Obama and the House of Representatives agreed to raise the U.S. borrowing limit by $2.1 trillion and cut at least $2.4 trillion in spending over 10 years. The measure must still gain approval in the Senate before it is signed into law.

THE ASSOCIATED PRESS

Restaurants 'zapping' sales records: Taxman

- 'Phantom-ware' being used to erase sales data, dodge taxes
- Fraud suspected in 34% of all electronic sales systems checked

One-third of Canada's restaurants may be cheating on their taxes by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated $141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 restaurants to find faint traces of sales that were wiped clean.

A team of 14 data specialists discovered at least 143 cases of suspected fraud, each with an average of $1 million in hidden sales. Much of the trickery involved hard-to-trace cash transactions such as paying employees and suppliers in cash while not claiming the expense.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar (BMO)
Closed for holiday	- 0.02¢ (104.64¢ US)
Oil	**Natural gas**
- 81¢ ($94.89 US)	1,000 cu ft $4.188 US (+ 4.3¢)
	Gold contracts
	$1,621.70 US (- $9.50)

The fraud has been detected so far only in the food-and-beverage sector, as well as at one grocery store in Quebec.

Restaurants that want to cheat often buy software with built-in hidden features, called "phantomware," that can remove sales records. Or they use stand-alone software — "zappers" — on a thumbdrive or CD that does the same work.

The federal agency detected the first "zapper" case only in 2006, in Vancouver. Revenue Quebec, on the other hand, has rooted out more than 200 "zappers" since 1997, and is considered a world leader in such investigations.

As of Sept. 1 last year, the Quebec government has required restaurants in the province to issue bills to their clients and to keep a copy of each bill, as a measure to fight "zappers" or "camoufleurs de ventes."

CRA spokesman Noel Carisse says two cases of zapping have been successfully prosecuted, resulting in fines and jail time, and charges have been laid in six other instances. Other cases are under investigation.

THE CANADIAN PRESS

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Russians say 'da' to Canadian beef

Canadian beef producers are looking to Russia and other foreign markets as they wrestle with the high loonie, soaring costs and declining sales to the United States. Beef exporters have been wooing Russia's growing middle class since their government lifted a four-year ban on Canadian beef in 2007.

John Ysselstein, president of Friesvale Farms, outside London, Ont., is one of those joining the rush. Ysselstein says he has "four or five" deals in the works with buyers in Russia, including one that would see 2,500 Black Angus cows shipped across the ocean.

He said the importance of Russia became clear "when I was in Moscow paying $75 for a T-bone steak. Now that the people there are getting some money, they want to eat meat," he said.

Industry Canada figures show that efforts to win the Russian market are paying off, with exports hitting nearly $16 million in 2010, up almost tenfold from 2009, though a drop in the bucket compared to U.S. sales, which rang in at just under $1 billion last year.

THE CANADIAN PRESS

Airline, union reach deal

Air Canada has reached a tentative collective agreement with the union representing about 6,800 flight attendants, the Montreal-based carrier said yesterday. It did not release details. The deal must still be ratified. THE CANADIAN PRESS

Greek cabbies block roads

Striking Greek taxi owners stepped up their protests yesterday, after fresh negotiations with the government on new licensing laws collapsed. The strike, now 16 days old, is wreaking havoc on tourist season. THE ASSOCIATED PRESS

HEY — CAN I GET YOUR NUMBER?

SHE SAYS ...

JESSICA NAPIER
METRO

Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringeworthy. Let's take a look at how our Canadian guys answered:

The Good: Thirty-eight percent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

The Bad: Fifty percent would dump a girlfriend if she became fat.

The Ugly: When asked, "At what point does a woman become sexually promiscuous?" Forty-one percent answered, "When she sleeps with her 10th sex partner."

"Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity... "

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated eye roll). As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy What's Your Number? In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: for women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at metronews.ca/shesays

One grandpa, 13 days and more than 6,000 clicks

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

While the Tour de France was grabbing the attention of cyclists worldwide, across the Atlantic another race was making a different kind global impact.

Winnipeg's Arvid Loewen cycled 6,055 kilometres from Vancouver to Halifax in just 13 days, six hours and 13 minutes—beating the Guinness World Record by three hours. The 53-year-old grandfather of three used his ride to raise funds for the Kenyan charity Mully Children's Family, through his own organization, Grandpas Can. "The goal of Grandpas Can," says Loewen, "is to use this public platform to inspire, motivate and, yes, challenge grandpas and others to live our lives in a manner that allows us to open our arms and hearts to show compassionate love to children abandoned by everyone except God."

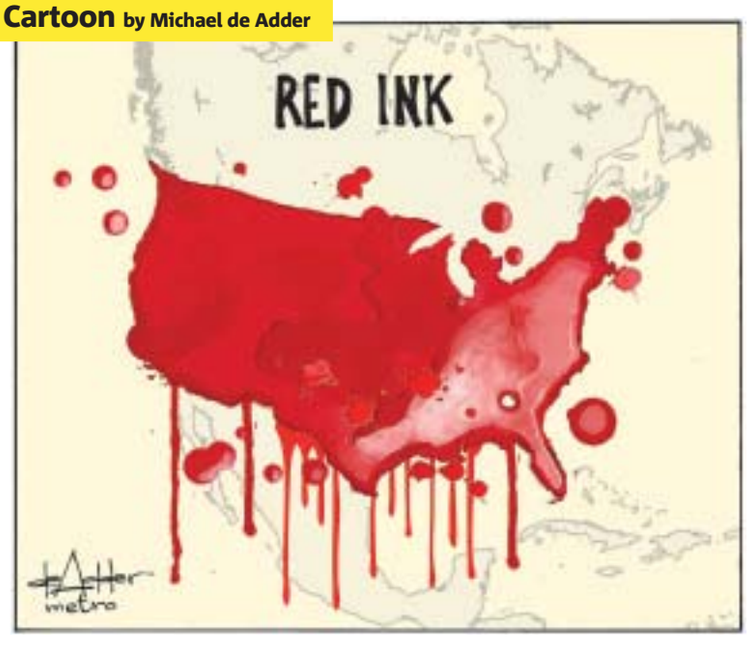
CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@KentWhiteside:** Hot summer day. I was in BC for close to a month & it mainly was only in the low 20s for temp. Winnipeg = 41C with humidity = crazy hot.
- **@Kris_Stusrud:** Was just at the apple store in Winnipeg. I could spend literally hours here.
- **@j_st_cyr:** Wow, there is a nudie beach near Winnipeg. I wonder how many people get a sunburn on their jingle jangles?
- **@miccaliciousss:** so can any REAL people suggest some #jobs in #winnipeg? I'm sick of the creepy spam bots GO AWAY!
- **@danidesjarlais:** Loving the sunshine in Winnipeg! We Have returned from the time warp that is "the cabin" #dranktoomuch
- **@ICEzra:** To all the people who don't like the Winnipeg Jets new logo: It doesn't like you either.
- **@Matt_Stricker:** A guy in The Price is Right audience is wearing a Winnipeg Jets jersey #awesomeness
- **@AlisonWanderlnd:** Winnipeg has the best summers in Canada. & this year, the mosquitoes decided to take a vacation...in Calgary. #hotplusnobugs #priceless #YWG

Cartoon by Michael de Adder



WEIRD NEWS

Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert DiGiacomo was in an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Micah Calamosca, out of the car.

He says the suspect told him he was part of filming for The Dark Knight Rises and that taking the vehicle was in the script.

MARK ANDERSON/FLICKR

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. THE ASSOCIATED PRESS

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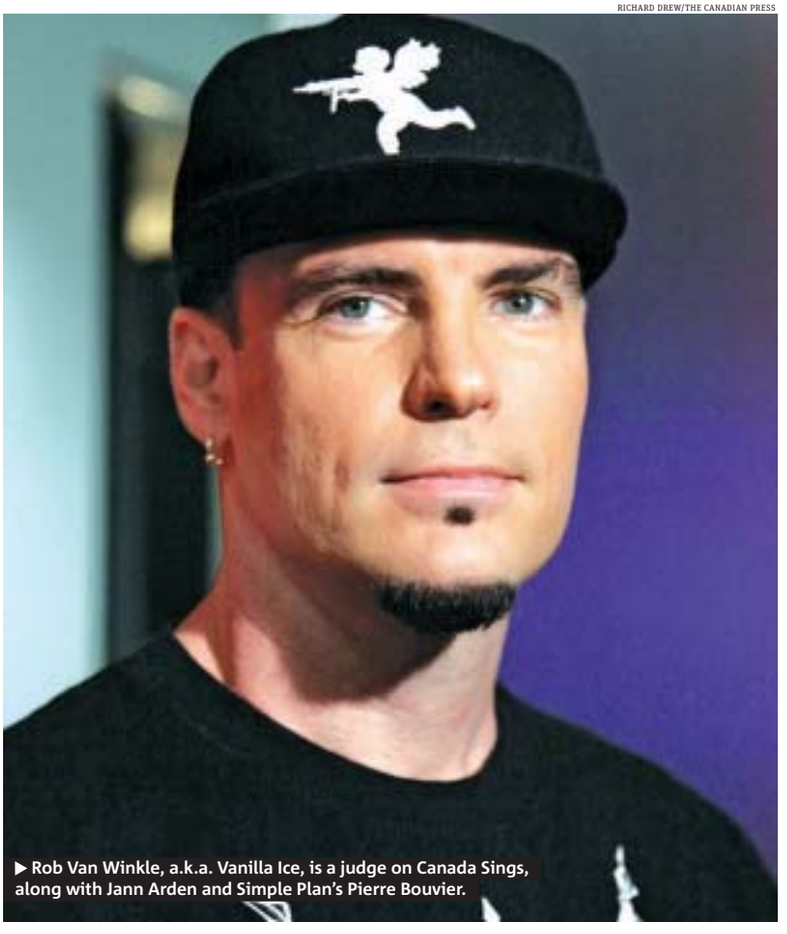
2 scene

Not just another Idol

Canada Sings features ordinary workers performing Glee-level routines Judge Vanilla Ice sees a lot of untapped talent on new show

RICHARD DREW/THE CANADIAN PRESS



▶ Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on Canada Sings, along with Jann Arden and Simple Plan's Pierre Bouvier.

Rob Van Winkle wants you to know that Canada Sings is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on Canada Sings, which launches Aug. 3 on Global.

"We all know the impact American Idol has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The Voice, America's Got Talent and So You Think You Can Dance Canada are among the biggest hits of the spring and summer.

More talent shows are on the way, including the City spin-off Canada's Got Talent, the CBC's upcoming Cover Me Canada and Simon Cowell's highly-anticipated follow-up to American Idol, called The X Factor.

Canada Sings, however, is different from the rest. While it shares the familiar three-judge format and there is prize money (a modest, even by Canadian standards, $10,000 to charity), the show plays more like Undercover Boss than Canadian Idol.

After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling West Coasters from 1-800-GOT JUNK versus The Zooper Stars, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing Canadian Idol and Battle of the Blades.

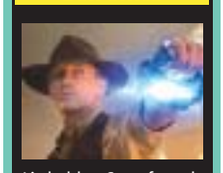
Brunton says Canadians will relate to and might even fall in love with characters from the singing teams. Unlike Battle of the Blades, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the Canada Sings workplace talent format around the world.

Then there are the endless built-in product placement opportunities. As on Undercover Boss, there are moments when Canada Sings borders on being an infomercial. The Toronto gang from the Keg Steakhouse and Bar, for example, should all get bonuses, and Air Canada and GoodLife Fitness are probably down with their employees getting national network face time.

Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

THE CANADIAN PRESS

Box office



Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office.

According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western Cowboys & Aliens and the animated family adventure The Smurfs both opened with $36.2 million.

THE ASSOCIATED PRESS

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Rio
Genre: Animated
Director: Carlos Saldanha
Stars: Jesse Eisenberg, Anne Hathaway, George Lopez
●●●
Rio is like a samba act you wouldn't be caught dead listening to at home, but quite enjoy on vacation, especially with a tropical drink in hand.

This bird-brained tale is dim of plot but bright of illumination and animation, a rare example where 3-D actually enhances the experience — although it will play just as well on the 2-D screens in most homes.

The voicing isn't as colourful, at least for the main avian characters Blu and Jewel, played by Jesse Eisenberg and Anne Hathaway. But there's no reason to squawk too loudly about the film, which is made by the same people behind the profitable Ice Age franchise.

Blu is a rare Brazilian macaw living in snowy Minnesota with his bookish owner Linda (Leslie Mann). He's so tame (read: American) that he's never learned to fly.

His female counterpart Jewel still resides in her native Brazil — Rio de Janeiro to be exact. She lives with ornithologist Tulio (Rodrigo Santoro), who has come to an important realization: these birds must mate or their breed will die.

Blu is zipped down to Rio, but his lack of both air and street smarts, as well as the threat of avian poachers looking for payback and a fast pay day, make this more than just an amorous adventure.

A menagerie of comic voices keep feathers happily flapping.

Extras include a deleted scene as well as making-of featurettes.

PETER HOWELL

A Screaming Man
Genre: Drama
Director: Mahamat Saleh Haroun
Stars: Youssouf Djaoro, Diouc Koma
●●●½
Set against the backdrop of Chad's 40-year civil war, as was writer/director Mahamat-Saleh Haroun's earlier film Dry Season, this heartbreaker of foolish pride and bitter reckoning unfolds like biblical parable. It deservedly won Haroun a special jury prize at Cannes 2010.

A father and son squabble over a job, leading to an act of revenge with unforeseen and terrible consequences. But when we first meet them, frolicking in a luxury hotel pool, it's impossible to imagine the schism to come.

Middle-aged father Adam (Youssouf Djaoro) and his 20-something son Abdel (Diouc Koma) both have jobs at the pool, another luxury in a time of civil war.

Family harmony is sundered when the hotel is taken over by new Chinese owners, who decide that one pool attendant is enough. Abdel gets to keep his job, but Adam is demoted to gatekeeper, a bitter comedown for a man who was a swimming champion in his youth.

If we could see inside Adam's head, we might guess the extent of his anger. Haroun only hints at what is to come. Before anyone fully realizes what is happening, the father contrives payback that will have major consequences for his son and himself.

This tragedy of parental betrayal is personal in scope but universal in impact.

PETER HOWELL

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Was singer preparing to become a mother?

The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

Before her death, Amy Winehouse was reportedly in the process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

"Amy was already my mother," the girl, Dannika Augustine, says.

"I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

METRO

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Amy Winehouse

Dish briefs

There's something about Alex

A GREAT CATCH. Despite breakup rumours last month, relations appear to be fine between Cameron Diaz and Alex Rodriguez, according to People magazine. Sources spotted the pair dining out in Miami over the weekend to celebrate the Yankee slugger's 36th birthday after cruising around the area on a yacht. "They sat near the water at Smith & Wollensky in Miami Beach and had a great time," a source says. METRO

Franco: Where is the love?

MONKEY TROUBLE. James Franco isn't feeling the love from the press, and he's worried his new film, Rise of the Planet of the Apes, will suffer for it. "Critics will be out to kill this movie and blame me for it just because they are out to kill me. Last year people were pretty nice. This is the year when people are going to have fun going after me," he tells Playboy magazine. "There are people who have it out for me for other things. They see me do this movie but really it's about something else." METRO

@JerrySeinfeld
"All your facial features are on the lower bottom half of your head. Disturbing."

@EllenPage

"i feel insane right now. like ashley judd in the movie about the bugs"

@JonahHill

"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."

@ElizabethBanks

"Dear Atlanta, I'm totally into you. Let's date for a while. Have some fun. Where should we go? smooches!"

Sheen to appear on Big Brother?

Charlie Sheen may be back on TV sooner than expected, as the troubled actor has reportedly signed a deal to appear on Celebrity Big Brother in the U.K., according to the Daily Star.

Charlie Sheen

While network spokespeople aren't confirming any contestants yet, a source says Sheen will be flying to England in the next two weeks for filming after inking a $9.8-million deal.

"It would be unbelievable. A producer's dream. No one would want to miss the chance of seeing what he's up to and hear the wacky things he's been saying," a source says.

"And let's face it: he's been saying some crazy stuff recently."

METRO

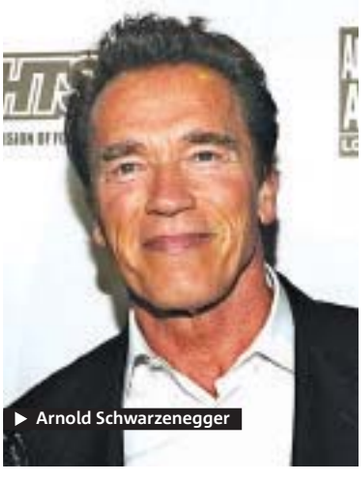
Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to Us Weekly.

In fact, Shriver even covered the bill.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."



Arnold Schwarzenegger

Maria Shriver

Schwarzenegger reportedly referred to his estranged wife as "darling" as they left, but the birthday boy still went home alone. METRO

ISTOCK PHOTOS

▶ Eating a small amount of nuts regularly is a great nutrition choice.

Not so nutty science

New study shows eating certain nuts can help manage Type 2 diabetes The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients

CELIA MILNE
LIFE@METRONEWS.CA

It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet … such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it. These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal Diabetes Care.

3 life

Go nuts

Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

CELIA MILNE

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The weighty issue facing South Asians

Study shows fat collecting on their internal organs

HANDOUT/THE CANADIAN PRESS

▶ Dr. Sonia Anand

Some weight-conscious people say calories go right to their hips — but new research indicates that for South Asians, fat cells can make a beeline for their internal organs such as the liver. The discovery provides some backing for the message that Canadians whose families originated in the Indian subcontinent should aim to burn off excess calories.

South Asians have more risk factors for heart disease, including Type 2 diabetes, low good cholesterol and more abdominal obesity, according to previous studies by McMaster University in Hamilton and the Population Health Research Institute.

This time, the team took a deeper look inside the body — a different approach from their population studies of the past.

"We measured many more things, including performing a fat biopsy and a muscle biopsy, MRIs of the abdomen and the liver, and we did this much more intensive, invasive examination in fewer patients to try and understand the mechanisms," said Dr. Sonia Anand, a professor of medicine and epidemiology.

THE CANADIAN PRESS

Grab a slice of Italian flavour

Pizzeria Gusto offers up classic wood-fire pizzas and other options from Italy

LUNCH RUSH

PAY CHEN
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PAY CHEN

Sophia Pizza.

On a sunny day, find yourself a seat on the patio of Pizzeria Gusto and imagine that you're enjoying a beautiful day in Italy with your fresh wood-fire pizza.

You'll find plenty of homey Italian classics on the menu and gorgeous salads, but no pasta.

The real reason to visit Pizzeria Gusto is to have great pizza. The crust is thin and crispy and the flavours are bold.

The Sophia ($16) had me at "drunk mushrooms." I'm not sure what they're drunk with, but they're a party on a pizza with herbed olive oil, micro-arugula, pecorino and the strong scent of white truffle oil. Freshly shaved parmesan and dried chilies are offered on the side. Pizzas are presented with your own fork/cutter combination. It's the smartest way to eat an uncut pizza.

Service is friendly and the atmosphere so comfortable you'll want to eat slowly, sip an espresso and soak up that Italian sun.

Pizzeria Gusto
404 Academy Rd.
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pizzeriagusto.com
Social lunch: Yes
Client negotiations: Yes
Price range: $8 - $31
Rating: 4.5 out of 5

THE CANADIAN PRESS H/O

Yogurt Panna Cotta

Preparation:

1. Preheat oven to 180 C (350 F). Bake almonds until golden, about 10 minutes.
2. Into small bowl, pour water and sprinkle gelatin over it. Let sit for 10 minutes.
3. In heavy saucepan over medium-high heat, simmer cream and sugar, stirring until sugar dissolves. Add almonds; mix with hand blender. Remove from heat and let sit for 10 minutes. Add gelatin mix and stir with whisk until dissolved. Strain almond cream into yogurt and add vanilla.
4. Divide mix among 8 custard cups. Cover and chill overnight. Run knife around edge of each cup to loosen. Set each cup in shallow bowl of hot water for 10 seconds. Invert onto plate. THE CANADIAN PRESS/ LIBERTE YOGURT

Ingredients:

- 125 ml (1/2 cup) sliced almonds
- 50 ml (1/4 cup) water
- 12 ml (2 1/2 tsp) unflavoured gelatin
- 300 ml (1 1/4 cups) whipping cream
- 125 ml (1/2 cup) sugar
- 500 ml (2 cups) plain low-fat yogurt
- 5 ml (1 tsp) vanilla

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▶ Wine doesn't cost that much, but it's the thought that counts.

Dear Charles:
I've been invited to a friend's cottage for the weekend. It will be the first time that I meet his extended family. What kind of gift is appropriate for a two-night cottage visit?
Gisele

Dear Gisele:

First, good on you for wanting to bring something! You will never go wrong with any one of the following items: fresh potted flowers in bloom, a homemade dessert, a bottle or two of good wine, a basket of freshly picked berries, a selection of the latest magazines or a few DVDs for a rainy day.

All of the above items are to be left behind regardless if they are used or not.

Remember, any item should have a little card from you saying thank you for the invitation and how much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

Where is the line between being well-mannered, and simply faking it?
Just sayin'

Dear Just Sayin':

What a great question! A well-mannered person always puts themselves in someone else's shoes first and never attempts to belittle others or make them feel badly.

One of the absolute golden rules of etiquette is to make others feel good.

Someone who is polite and well-mannered will always do their best to make others around them feel comfortable, no matter how awkward the situation.

Someone who is false or disingenuous doesn't worry about others' feelings or making others feel comfortable in social situations. These people rely on what they see in the movies and on television for their cues to good manners and proper conduct.

In practice, however, nothing could be further from the truth!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

IN DOUBT? REMEMBER INSTINCT IS EVERYTHING

TWO SISTERS

I met a great guy just as he was ending a previous relationship, and things have been great between us — he is definitely taking it slower than I would, but it feels good and not like a rebound relationship. Recently though he told me he needed space, which I expected, so instead of freaking out on him, I told him I understand. In fact, I handled it so well that he doesn't seem so sure about needing space anymore ... so what do I do the next time he asks to see me? Do it, but not know where we stand, or tell him to take some time and not come back until he's sure of his feelings?

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear not-rebound-girl,

I expect that this guy has done some deep thinking since his last relationship, thinking that would require of us mortals more time and space.

However, if this isn't the case, as mature and aware as he may sound, he probably isn't quite ready for something serious if his previous relationship was a serious one too. After all, it's human nature to want to dull the pain of a breakup. You may be in danger of becoming the morphine to his car crash.

Despite his best intentions, space is a wise thing for you both.

It doesn't mean prison though: being able to see each other platonically can foster a deeper relationship where you respect each other as complex individuals.

From there, diving into the hot phase again will be that much more fulfilling ... Or you discover he's lame and move on. It's all good.

Claire: Dear NRG,

There are no rules for these things, which is a good and a bad thing, because like many emotionally vulnerable situations in your life, it comes down to this: what does your instinct tell you?

Do you feel that he wants what you have to give, or simply that he's accepting what you have to offer, because those are two very different things.

Do you feel at peace with what you two have, or do you spend your time feeling anxious?

Instinct is everything. Is he open with you about what he's going through? Have you met his friends? Are you taking the same amount of space in his life that you are offering him in yours?

If this relationship is meant to be, it can handle your questioning, and more.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Oprah's coming back to us ... kind of

Oprah Winfrey is repackaging her now-ended daytime talk show to make it a key part of the lineup for OWN, her struggling cable channel. Winfrey said Friday she will host the new series that will recycle episodes of The Oprah Winfrey Show as a "classroom" intended to help viewers improve their lives. The show, titled Own Your Life, will air weekdays at 8 p.m. ET starting Oct. 10.

Appearing at a session of the Television Critics Association to announce the revamped series and introduce Rosie O'Donnell and her new OWN show, Winfrey took the opportunity to reinforce her commitment to the channel.

Friends ask, "Are you enjoying your time in the Mediterranean?" Winfrey said. But she's not on holiday, she said, "I'm here," and working in the Los Angeles offices of OWN.

It was announced earlier this month that Winfrey was expanding her role at OWN beyond the position of chairman, taking on the additional roles of chief executive officer and chief creative officer.

THE ASSOCIATED PRESS

EVAN AGOSTINI/THE ASSOCIATED PRESS

▶ Oprah Winfrey

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RACKING UP EXPENSES FOR WORK

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I polled 20 to 40-somethings throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to 'look the part.'

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and meanwhile a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or carpooling.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost $600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

If your suit needs 'tweaking', take it to a tailor and have it customized for $50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends change.

You can spruce up nearly any outfit with an inexpensive colourful shirt or tie.

ISTOCK

▶ When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

I'd recommend buying unique accessories, like broaches or bags, from local artisans.

When setting up a home office, look for clearance sales on desks and computers.

I saved $2,000 on my home office by hitting up a 'going out of business' sale.

Don't be afraid to buy book shelves, desks, chairs or electronics second hand off Kijiji or EBay.

Many home office expenses qualify for tax credits.

Work expenses are largely unavoidable.

But, be savvy and frugal by spending on work items that enhance your personal brand.

'Just in case' money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Canadians are continuously bombarded by headlines about record personal and family debt levels, doubts about the long-term solvency of many pension plans and the far-from-robust employment picture. All this has created unprecedented pressure to pay down debt, and save for education and retirement.

Of course, it's a very good idea. And Canadians are taking it seriously as the accumulation of household debt has slowed and our net savings rate has risen from almost zero a couple of years ago to just under four per cent of income today.

But the problem with paying down debt and boosting savings is that most lives are not linear. The ups and downs of living have kiboshed many a savings and debt payment plan.

My family was rocked 20 years ago when our youngest, Quinn, then four, almost died from meningitis. She survived but ended up profoundly deaf. We lost a year of income, which is tough to recover for anyone, let alone freelance writers.

I can't think of a friend or family member who hasn't fallen victim to one of life's vagaries. Often those events meant detoured careers and postponed retirements. Unfortunately, many of them had no ready funds to draw on, so they were forced to dip into their RRSPs or their kids' RESPs (registered education savings account.)

Consider building emergency funds (a TFSA is a great place to park the money) into your savings plan. If you experience an unexpected expense, what you've saved will help cushion the blow.

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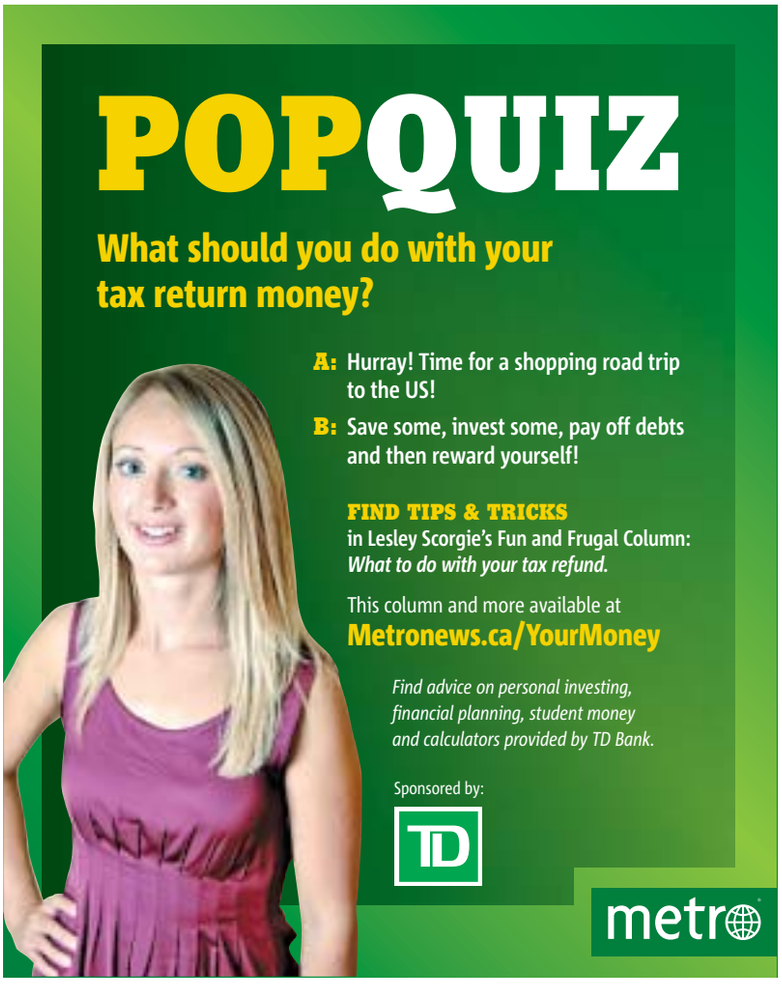
POPQUIZ
What should you do with your tax return money?
A: Hurray! Time for a shopping road trip to the US!
B: Save some, invest some, pay off debts and then reward yourself!
FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
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Digital demand is on the rise

There's a growing trend for students to learn more about social media

JON TATTRIE
FOR METRO

Trending areas for people heading back to university or college this year are broadly split between two categories: Those in mid-career who want to advance or switch paths; and those who are looking to start a professional career from scratch.

Peter Moroney, director of professional programs at the University of British Colombia, says they are seeing high demand for programs teaching sustainability management, business analysis and social media. The last is especially popular with business people either wanting to get to grips with YouTube, Twitter and LinkedIn, or learn how to use them as part of a communications strategy.

"There are job postings for people specifically focused on managing the digital communications," he says. "It's a growing trend for companies using it internally among employees and departments and also with customers or prospective customers."

Pat Lychak, academic manager of online learning at Algonquin College, says social media courses are hot at her Ontario school.

Also popular is sustainability education for kindergarten to Grade 12 school teachers, early childhood education and an autism and behavioural sciences program.

"We're finding many of our registrants are coming from places like Saudi Arabia, Dubai, as well as Canada," she says. "We have registrants coming out of high school as well as individuals looking for a second career."

Steve Andrews, program director at Dalhousie University, says their most popular courses in continuing education are pathways to university and professional development.

ESL (English as a second language) brings non-English speakers up to speed ahead of university studies and the Halifax school's vaunted Transition Year Program targets First Nations and African-Canadian people from non-educationally focused backgrounds to allow them to get up to speed.

Dalhousie also sees demand for specific university prep courses.

"(For example) someone who wanted to start off in engineering, but didn't have their calculus from Grade 12, they can do those courses," Andrews says.

The other popular stream is professional development for career growth or change.

Hot courses include leadership, financial management, human resources, occupation health and safety, and IT.

"They're quite generic and can be applied across many different industries, whether it's private or public sector," Andrews says.

ISTOCKPHOTO/THINKSTOCK

▶ More schools are offering courses on how to navigate and use social media for business purposes.

Tailored courses

Universities and colleges also tailor courses for specific employers. Dalhousie University works with local gaming companies to design courses that will teach students the skills they need for jobs at the company. The companies get qualified workers and students know jobs are waiting for them.

Red River focuses on seniors

If you enjoy spending time with seniors, the seven-month Recreation Facilitator for Older Adults certificate program could help you turn your passion into a career. Launching on Sept. 6 at Red River College's Notre Dame campus, the full-time program includes 200 hours of practicum experience.

Students will learn about the importance of recreational programming and services for older adults and disabled persons. Coursework includes how to design, implement and evaluate effective programs for clientele in various settings, including personal care homes, extended hospital care, adult day care and other community-based programs.

Designed for those seeking employment in the field or those currently working with older adults, the program will provide the knowledge, skills, attitude and field-based practical experience to work with this growing segment of our population. For more information, visit rrc.ca/rec.

JUPITERIMAGES/PIXLAND/THINKSTOCK

▶Red River College is launching a Recreation Facilitator for Older Adults certificate program on Sept. 6.

CMU offers disaster recovery program

Through a partnership with Mennonite Disaster Services, a faith-based agency with more than 50 years of experience responding to disasters in Canada and the U.S., Canadian Mennonite University has developed a social sciences program called Disaster Recovery Studies that focuses on the recovery phase of disaster management.

The program emphasizes the medium- to long-term phases of individual, family and community rebuilding following disasters. While designed for university students, certain courses in the program would also be of interest to those in the volunteer community or anyone involved in disaster-related work. Students who complete the program will be able to pursue further specialized study in the field of disaster and emergency management or further studies in social sciences, including social work. For more, visit cmu.ca/programs/drs.html. JANE DOUCET

Time can be on your side

ALEX NEWMAN
FOR METRO

Some might say Anjana Magpu is an overachiever: Director of a private clinic, single mom to a teenager, and studying not just for her masters in social work, but a full course of French at Alliance Francaise.

Magpu, however, doesn't look at it that way.

"I pretty much take each day as it comes, and, fortunately, I work really well under pressure. I may not have much social life, but I take time for myself — to read a good book, or sleep in when I need it."

Magpu is not alone. Countless students are handling work and family commitments while they study. Of the 38,000 enrolled at Calgary's Athabasca University, considered the largest distance education facility in Canada, a staggering 81 per cent hold down full-time jobs, and many have families.

Michael Shouldice, Athabasca's senior recruitment officer, says the university provides online tools to prepare students for what lies ahead.

He recommends they come to it knowing what they like, because that "will motivate you through the hard work."

Career counsellor Marlene Haley has many clients in the same juggling boat while they retrain for the career of their dreams.

The key, she says, is good time management: "Work is work and defined, but juggling the house, child care and study is where it can get dicey and you have to be disciplined."

But first you need to know what you're dealing with, says Haley, who regularly prepares clients through her company Find Work You Love.

That means boning up on study skills, speed reading, and exam writing before the first class.

Once you're in the thick of things, break down your schedule into daily, weekly, and monthly plans.

"If the going gets really tough," Haley adds, "break it down even further into hourly plans — you'd be surprised what you can get done in 15 minutes. Then monitor the plan to see how it's working, and whether it needs modifying."

She also suggests knowing when you work well, and using that productive time to accomplish the important things, rather than letting it dribble away.

JOHN HOWARD/LIFESIZE/THINKSTOCK

▶ The key to juggling a hectic pace that may include school, family and work is time management.

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Rotation clicking as Jays hit road

- Morrow's 11-strikeout outing caps a strong run for Toronto starters
- While pitching has heated up, some key Jays' bats have gone cold

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Brandon Morrow pitches against the Rangers on Sunday.

It began with a shutout that was followed by two more wins and then a season-debut that was mightily impressive, even if it didn't end in victory.

And after Brandon Morrow finished up the week with an 11-strikeout gem in yet another excellent bounce-back outing for the hard-throwing righty, there was one undisputed fact.

As the Jays open a six-game road trip today against the Tampa Bay Rays, the starting pitching is more than holding its own.

"I think we've been throwing the ball well for a while now," Morrow said after holding the Texas Rangers to two runs over seven innings of Sunday's 7-3 Toronto victory.

"I think everybody in the rotation has found their stride. It's good to have (Brett) Cecil back and throwing the ball like he can, (Carlos) Villanueva's doing great and (Brad) Mills was awesome (Saturday in his first major league start of the season).

"Just kind of one of those things where you pass the baton and you want to keep going."

The starting pitching was able to mask some scuffling from the batting order, the kind of "we'll take care of you, you take care of us" teamwork that's necessary.

Jose Bautista hasn't had a home run in 14 games, his longest drought of the season, Adam Lind is just 4-for-36 over his last nine games and Travis Snider has seen his production drop off so quickly after a torrid post-recall start (5-for-31 with no homers in eight games) he was out of the starting lineup against two Texas lefties on the weekend.

"I don't think we're at the point of saying Travis is solely a platoon guy," said manager John Farrell.

But what the Jays have now is a roster with more options for the manager. He can mix and match as he sees fit — Rajai Davis was in left Sunday, Edwin Encarnacion played first base for two games, J.P. Arencibia was the designated hitter Sunday — and the inevitable call-up of third baseman Brett Lawrie will make it even easier for the manager to dole out playing time solely on merit.

"I think competition brings out the best in players and yes, we're at the point where performance is weighed into the equation of spots in the lineup and playing time," he said Sunday.

"At some point you have young players come to the major leagues, you have to provide an opportunity not only to transition but to get to the point of being established but when you bring multiple guys of similar skills and similar abilities, ultimately performance wins out."

TORSTAR NEWS SERVICE

The rotation

The most recent performances from the rest of the Jays' starters have been solid as well.

- **Ricky Romero** began it by limiting the Baltimore Orioles to four hits over 8⅓ shutout innings in a 3-0 win.
- **Carlos Villanueva** was good enough over five innings of an 8-5 triumph Thursday to run his record to 6-2.
- **Brett Cecil** dominated the hard-hitting Rangers for seven impressive innings in a 3-2 Toronto victory the next night.
- **Brad Mills** made his season debut in the big leagues on Saturday and even though he was tagged with the loss in a 3-0 setback, did more than enough in a two-run, seven-inning outing to keep his spot in the rotation.

Goldeyes report

Despite coming in with a share of the North Division lead, and holding the second-best record (43-30) in the entire 14-team American Association, the Winnipeg Goldeyes have been pretty awful lately. The downward swing continued last night, as the Fish fell 12-3 to the Gary SouthShore RailCats.

In a moment that will certainly go down in Goldeyes lore, Winnipeg manager Rick Forney walked off the field with the first base bag under his arm after disputing a call — to no obvious avail — with field umpire Ron Shewchuk. His Shewchuk-circling tirade lasted minutes, with hitting coach Tom Vaeth holding Forney back as he screamed and pointed in disgust.

The video replay, however, was obvious.

Goldeyes newcomer Justin Justice was safe by nearly six feet at first base when he was determined out by Shewchuk on a hopping grounder to short.

DARRIN BAUMING

Moss ends NFL career, leaving legacy up for debate

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen.

Moss's agent, Joel Segal, said yesterday that the receiver was considering offers from several teams, but made the decision to retire. Segal declined to comment specifically on the offers, instead saying his 34-year-old client felt the time was right to step away.

"Randy has weighed his options and considered the offers and has decided to retire," Segal said.

If this indeed is the end for Moss, he leaves the game with some of the gaudiest statistics ever posted by a receiver. His 153 touchdowns are tied with Terrell Owens for second on the career list, and he's also fifth in yards (14,858) and tied with Hines Ward for eighth in receptions (954).

Those numbers, and his status as perhaps the best deep threat in NFL history, will make him a strong candidate for the Hall of Fame. But voters will also be weighing those numbers and his six Pro Bowl seasons against a history of boorish behaviour and a penchant for taking plays off when he lost interest in the game.

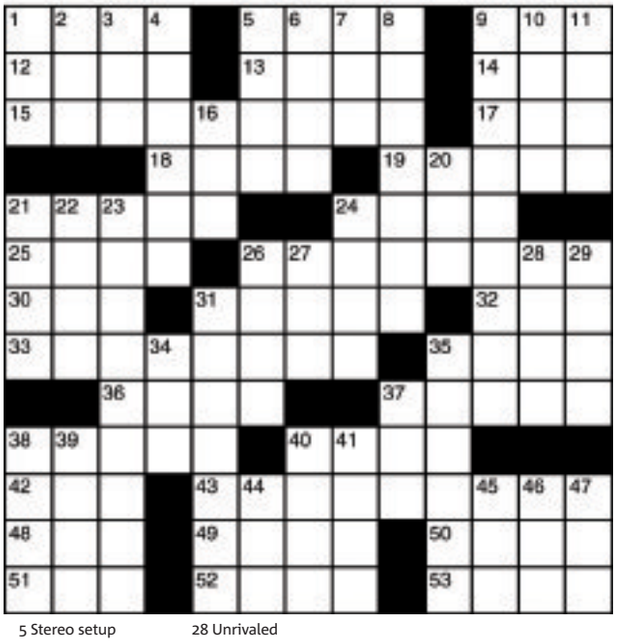
His career started with seven electric seasons with the Minnesota Vikings before he went dormant for two years in Oakland. He re-emerged as a force with the New England Patriots in 2007, hauling in a single-season record 23 TD passes from Tom Brady to help the Patriots reach the Super Bowl.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES

▶ Randy Moss

Crossword



Across

1 Wound reminder
5 Conceal
9 Second-stringer
12 Tittle
13 Press clothing
14 Paid player
15 Named in detail
17 Maestro de Waart
18 Barbra's A Star Is Born co-star
19 Happen
21 Bewildered
24 Fresh kid
25 NYPD rank
26 Go where you shouldn't
30 Eisenhower
31 Cell, e.g.
32 Pirouette pivot
33 Adorn
35 Staff
36 Military group
37 Connected to the Internet
38 Big fracas
40 String instruments
42 Eggs
43 Marking with bits of color
48 Favourite
49 Poi base
50 Unsigned (Abbr.)
51 Away from WSW
52 Ugly duckling, eventually
53 Invitation initialism

Down

1 Family member
2 Police officer
3 Chowed down
4 Din
5 Stereo setup
6 Eye part
7 Fawn's mama
8 Sign the back of a check
9 Bleacherite
10 Pakistani language
11 Loutish sort
16 A Gershwin
20 Upper limit
21 Alkali neutralizer
22 Snatch
23 Guess
24 Part of N.B.
26 What this isn't
27 Deteriorate
28 Unrivaled
29 Burpee wares
31 Church VIPs
34 Inseparable
35 Obelisk, for instance
37 Stir-fry pan
38 Sulk
39 Tied
40 Designer Wang
41 PC picture
44 Dog's foot
45 Office holders
46 Thanksgiving mo.
47 Econ. indicator

▶ Friday's answer

Sudoku

1	4		6		9		2	5
				4				
	5						8	
		8	7		3	6		
9								4
		5	4		1	2		
	2						7	
				3				
3	7		2		4		9	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Blue Gal
Hon, can't stop thinking about you. You got me spellbound n have not left me for a second. Sending you all my love, hugs, kisses n lots of fun. Have a lovely day! Love YOU crazy:)
FROM DJ DANCE WITH ME

Matt
I haven't seen you in 2 days, and I have been thinking about you. How was Johnny Rockets? I hope you had a good time. =0)
FROM R

Ewic
Heeeeeee! I know how much u wuv kissees. Maybe u can shtop kissing me shoo much! I need to get some shweep! Wuv u. When you gonna pick me up? Hehhh?
FROM BOO BEAR

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 21° Max 29°	Min 16° Max 30°	Min 18° Max 31°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.

♉ Taurus April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.

♊ Gemini May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.

♋ Cancer June 22-July 22 Focus on your career and how you can make extra money from your creative talents.

♌ Leo July 23-Aug.23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.

♍ Virgo Aug. 24- Sept. 22 Change yourself and everything else will change too.

♎ Libra Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.

♏ Scorpio Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and challenges.

♐ Sagittarius Nov. 23-Dec. 21 Think big, and act big too.

♑ Capricorn Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.

♒ Aquarius Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.

♓ Pisces Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them. SALLY BROMPTON

Caption contest

JAY DIEM, SALISBURY DAILY TIMES/THE ASSOCIATED PRESS

STEVE PARSONS/THE ASSOCIATED PRESS

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